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FORMER WIMBLEDON CHAMP SUFFERS FIRST-ROUND LOSS AT THE TOURNAMENT SHE ONCE RULED

PAGE 25

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Guards' families thank supporters

Response. Relatives say their lives have been forever changed

Relatives of an armoured car guard killed during a robbery say their "tragic time" has been tempered by all the caring they have received.

Michelle Shegelski was shot to death June 15 while she and four other guards were refilling a bank machine at the University of Alberta.

Shegelski's relatives said in a statement they have received support from across the country. They say their lives have been forever changed, but so have the lives of the people whom Shegelski touched.

Her funeral is in Edmonton Tuesday. Services have already been held for two other guards who died in the shooting. Another guard remains in critical condition in hospital with head injuries.

The wife of Matthew Schuman, who survived a shot to the head in the violent robbery, says he has been moved out of intensive care and is undergoing physiotherapy to regain full control over his motor skills.

She says he recognizes his family and was eagerly attentive when his two-year-old boy attempted to describe a new toy to him. She says Schuman's communication skills are limited, but the two of them understand each other.

Travis Baumgartner, who was one of the members of the armoured car crew that day, has been charged with first-degree murder, attempted murder and robbery.

THE CANADIAN PRESS

SKYDIVING SANTAS

About a dozen jolly skydivers landed in Louise McKinny Riverfront Park Monday morning, celebrating the halfway mark to Christmas — as well as announcing that proceeds from this year's Edmonton Singing Christmas Tree will go to the Edmonton Food Bank and Santa's Anonymous. The divers, from a collection of local skydiving clubs, jumped out of the plane in the formation of a Christmas tree.

COURTESY DARLANA KELLN/EDEN NORTH SKYDIVE CLUB

Net-dependent to pay bills?

Take heed of these four steps from financial columnist Alison Griffiths to protect your finances from cyber interruption

PAGE 22

Ugandan landslide devastation

Hundreds predicted dead, villages destroyed and houses buried after torrential rains, reports Red Cross PAGE 10

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Making the grade

Trustees finally to get say in 'no zeros' controversy

The contentious issue of "no zero" grades that has made national and international headlines will finally go before Edmonton Public School Board trustees Tuesday — but don't expect any immediate changes.

The board will be discussing a motion from trustee Michael Janz to direct the policy review committee "to review policies related to student assessment to ensure clarity, consistency and to ensure that students are held to high standards."

The committee consists of Janz and fellow trustees Catherine Ripley and Heather Mackenzie.

Janz said trustees have received "significant public interest" about assessment, which he sees as an encouraging sign.

"Nobody wants students to get zeros," he said. "They want students to get straight As and be successful in their studies.

"I think we will have to have some clarification and discussion amongst each other about exactly what a review would look like and what it would cover."

The board's site-based management system — where the schools have a degree of flexibility and autonomy — complicates matters somewhat.

"We have different policies at different schools," said Janz. "Assessment policies at one school might mean something different at another school."

The issue captured public attention after Ross Sheppard High School teacher Lynden Dorval revealed he had been suspended for insubordination for defying the school's policy of not giving students zeros, even if the work is not done.

MAURICE TOUGAS/METRO

KidSport Edmonton regional manager Doug Baker wants to be able to approve as many applications as possible this year so that more kids can play the sport of their choice. HEATHER MCINTYRE/METRO

More families needing help with sports fees

KidSport. Charity that helps fund activities sees 43 per cent increase in applications

HEATHER MCINTYRE
heather.mcintyre@metronews.ca

For 17 years, KidSport Edmonton has been supporting kids by paying part of their sports registration fees.

But the need of lower-income families is starting to outpace supply due to a 43 per cent increase in application in the first five months of 2012 over last year.

"Nobody could have expected that," said regional manager Doug Baker, noting growth has been constant at between eight and 15 per cent. "And all of a sudden, we've got almost 900 applications this year alone … and we haven't hit indoor soccer or hockey season yet."

Last year the organization funded 1,147 children in 42 different sports and activities.

As of June 1, the amount per child decreased from $250 to $175.

"We're going to do it for the next three months just to see if we can get through this while we continue to try to raise money," said Baker.

Margaret Hughes, widowed nearly five years ago and yet to be able to get back to work, has received KidSport support for two years.

Seven-year-old Harriet is involved in gymnastics at $177 per 10-week term, and 10-year-old James is taking a kick at karate for about $1,200 a year.

And that doesn't include equipment, though Hughes tries to purchase second-hand.

"It can add up," she said. "I don't think I could have done it without KidSport."

Follow Heather McIntyre on Twitter @Metro_Mac

How to help

- KidSport Edmonton has supported 6,500 local children at a cost of just more than $914,000 since 1995.
- The organization runs a number of its own fundraising activities including casinos, and also receives grants from both the city and province.
- To get involved as an individual, corporate or third-party donor, visit kidsport.ab.ca.

1 NEWS

On the web

Fickle Facebook

The folks at Facebook have done it again, annoying users by making changes without advising them. This time, all users' default email addresses have been changed or are about to be changed to an @facebook.com account, an account most people never use. Go to metronews.ca to read the full story and find out how you can fix the change.

Mobile news

Got a tumour? There's an app for that. Smart-phone technology is now entering the operating room, allowing ovarian-cancer surgeons to use an application to store and track tumour information. Scan the code to find out more.

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Low-income housing

Controversial St. Albert Habitat homes on track

A Habitat for Humanity build that sparked a backlash against elitism in St. Albert is on track to be completed on time, officials said during a tour of the ongoing construction.

A letter published in the St. Albert Gazette entitled "Higher earning families part of St. Albert's appeal" voiced one couple's opinion against the build, saying it would bring crime and drugs into the community.

St. Albert residents pushed back against the letter, saying the opinions of the residents didn't reflect the overall attitude of the city.

St. Albert Mayor Nolan Crouse said Monday the push back that council received was largely due to logistical concerns as opposed to social ones, such as traffic and park land.

"There is no question in my mind that the entire community and this neighbourhood will embrace (the new families)," he said.

Habitat for Humanity Edmonton president and CEO Alfred Nikolai said neighbourhood residents volunteer, bring snacks for workers and keep an eye on the site.

"It's just been very heartwarming, how Habitat for Humanity and our new families have been already welcomed, and they haven't even moved in," he said.

The build is the sixth Habitat property in St. Albert and will house 20 families by 2012, with another 10 families added in 2013.

LAURIE CALLSEN/METRO

Alena Manera and Mike Schwake are ready to hit the road as members of the Have a Heart, Give Smart street team.
MAURICE TOUGAS/METRO

Edmontonians urged to say no to panhandlers

Raising awareness. City launches third Have a Heart, Give Smart campaign

MAURICE TOUGAS
maurice.tougas@metronews.ca

Saying no to a panhandler isn't being hard-hearted, according to the City of Edmonton.

The third annual Have a Heart, Give Smart campaign kicked off Monday, urging Edmontonians to resist giving money to panhandlers, and instead send it to organizations that help people on the street.

Mike Schwake has been spreading the word since the program began. As the street team lead, he and three others will fan out across the city over the next 10 weeks asking Edmontonians to give smart.

He spends his days having regular conversations with citizens about panhandling.

"What's more natural than a conversation to get people talking about the issue?" he said.

Schwake and his crew will visit farmers' markets, Rice Howard Way, Whyte Avenue, downtown and any other place where large numbers of people congregate.

The idea of the campaign is not to deter panhandling, but to raise awareness, he said.

Give a helping hand

- To say no to a panhandler, be polite and say: "No, I don't give change."
- If you know the person, offer to buy them a snack or meal.
- Donate money to social service agencies instead.

Skrillex concert. New venue to be confirmed after permits denied

It turns out the Skrillex show could be held in Edmonton, but an announcement regarding a venue for the Full Flex Express Tour won't be made until later this week.

St. Albert city councillors said Sunday the tour, featuring three-time Grammy winner Skrillex, slated to be held at Kinsmen Park July 20, would not occur.

Security and policing concerns led city officials to deny necessary permits.

While Edson has been mentioned, Union Events said in a statement Sunday they have secured a venue in Edmonton, though due to space constraints are continuing discussions with other venues.

Tickets for the show remain on sale.

HEATHER MCINTYRE/METRO

In numbers

10,000

The original show was pegged to draw up to 10,000 concert-goers.

Hawrelak Park. Project aims to build wading area and beach by 2014

A wading and play area complete with a beach at the lake in Hawrelak Park could be ready by the summer of 2014.

On Monday, a council committee told administration to prepare a request for proposal from potential contractors for the $5 million project, for which about half of the money is in place.

The project could see a wading area with a beach-like environment and a lazy river or spray features, and will have a chlorinated filtration system.

When councillors were told last fall it would cost $60 million to make the lake swimmable, they asked for cheaper options.

HEATHER MCINTYRE/METRO

The lake at Hawrelak Park. METRO FILE

Sweet reward for ambitious Delhi family and Canadian bankers who helped

After receiving exceptionally good service at Scotiabank's Saddletown Circle Branch since he came to Canada six months earlier, Amit Chauhan decided to surprise the branch team with a traditional Burfi shortcake. "They helped me get my first home, so I wanted to thank them," recalls Amit who had just taken possession of a three-bedroom dream home in northeast Calgary.

It was a sweet finale for Amit and Mrinali Chauhan, who came from India in June 2011, only to be stranded by heavy rain in a hotel with their three-year old daughter. "We stayed in and ordered pizza while Amit ran around arranging things," recalls Mrinali, who was eight-months pregnant at the time.

Fortunately, the Chauhan family's arrival was made easier by the fact that they had set up their Canadian bank account in India, so they could send funds safely to Canada before they landed. They had heard about the ***Scotiabank StartRight***® Program[1] International Account Opening at an information session for permanent resident applicants and they visited a Scotiabank branch in Delhi. They were later connected with Syed Haider, a Scotiabank Personal Banking Officer in Calgary, who helped them apply for a bank account in Canada and obtain pre-approval for a credit card[2].

"Everything went smoothly when I went to the Calgary branch, since I could access the funds I had transferred from day one and I had the credit card in my hand for all our expenses," recounts Amit. "Even better, after travelling 7,000 miles I could talk to Syed in my own language and get advice about apartments, schools and Indian groceries."

This gave Amit extra time to start job searching and, by applying connections from his hospitality education in India, he found a restaurant management position on day two. "It surprises people, but I used my networking skills to make local contacts, and I was ready to be flexible and take any hard work at the beginning," explains Amit, who now welcomes visitors to Canada as a front-desk supervisor in a busy hotel.

And Amit didn't delay thinking about his long-term goals either, since he soon realized that buying a home was a better investment for his family's future than paying expensive rent each month.

"I didn't think it would be possible to get our first home so quickly, but Syed reviewed my earnings and financial history and explained my options," notes Amit, who qualified for the ***Scotiabank StartRight*** Mortgage Program[3], a hassle-free mortgage tailored for newcomers to Canada.

"I was lucky to meet a lot of wonderful people who helped us find a home, including our brilliant banker and an exceptional realtor."

Reflecting on his family's rapid settlement in Canada, including the birth of a son, a job and a comfortable home, Amit adds that, "From my hospitality training, I learned to connect with others and recognize people who will give their time and help you, like Syed." For Amit, it made sense to continue that hospitality, by sharing dessert with his new friends at Scotiabank.

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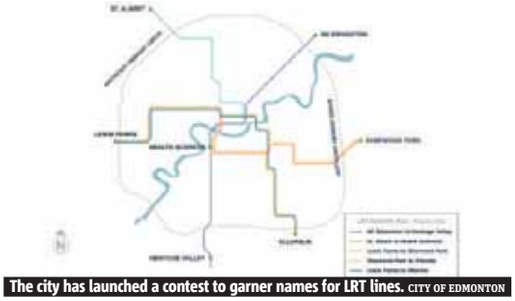
City launches contest to name four LRT lines



The city has launched a contest to garner names for LRT lines. CITY OF EDMONTON

Think up a theme.
New monikers would help reduce confusion about destinations

LAURIE CALLSEN
laurie.callsen@metronews.ca

The City of Edmonton is asking residents to put on their thinking caps in a new contest to name the four current and future LRT lines.

Once the northwest line is built — currently dubbed the NAIT line — more confusion about names corresponding with destinations is anticipated, said Bob Boutilier, general manager of transportation services.

"The best people to decide how to do way-finding on the LRT are the people who currently use it," he said Monday.

The city suggests unique Edmonton traits, non-commercial landmarks and provincial animals as themes for naming.

"When you think of where we are today, people think of Clareview, Century Park and NAIT. That will be a challenge to get out of people's heads," Boutilier said.

In the fall, a shortlist of suggestions will go to the naming committee and then council. To submit a name, visit takeETS.com/myLRT or call 780-447-3439.

Quoted

"The best people to decide how to do way-finding on the LRT are the people who currently use it."

Bob Boutilier, general manager of transportation services

Follow Laurie Callsen on Twitter @MetroLaurie

ENLIST TODAY

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Edmonton's Ross Ongaro, third from right, celebrates a silver medal with the Chinese national beach soccer team. CONTRIBUTED

Beach soccer. Edmonton coach leads Chinese national team to silver

Edmonton soccer coach Ross Ongaro returned to work at Archbishop O'Leary soccer academy Monday after guiding the Chinese national men's team to a silver medal — in beach soccer.

While beach soccer may be unknown to most, "Asia is huge for beach soccer," said Ongaro.

Ongaro, former coach of both the indoor and outdoor Drillers and a FIFA-certified instructor, caught the eye of Chinese soccer officials while conducting a course for the soccer federation.

"They liked my style," he said, adding that they then offered him a contract. He guided the team to a silver medal at the Asia Beach Games, a major international competition.

Ongaro said beach soccer requires a lot of the same skills as soccer, but the tactics are different. There are only five players on the field, and the games are played on a 40-centimetre-deep pack of sand, resulting in a very soft surface that is hard to run on. Passes are erratic on the bumpy surface, so the game is played mostly in the air.

Ongaro returns to China July 4 to prepare for a tournament against world champions Russia, Italy and Portugal. MAURICE TOUGAS/METRO

Riverbend

Police warn of man brandishing handgun

Edmonton police are warning Riverbend residents to be alert following two reports over the weekend of a man wearing a black face mask brandishing a handgun.

The first incident was at 4 p.m. June 22 near the Snow Valley ski resort parking lot, and the second at 7 p.m. the next day on the Terwillegar Drive footbridge.

Police said in both incidents the man appeared to be holding a handgun. He flashed it at people and then ran away. METRO

Courtroom incident

Man gets 45 days for assaulting Michael Briscoe

The man who assaulted Michael Briscoe during his double-murder trial in the deaths of Nina Courtepatte and Ellie May Meyer was sentenced to 45 days in jail on Monday.

Thomas Dennis Rouleau, 42, pleaded guilty to one charge of assault and has already spent 117 days in custody after not applying for bail. There was no previous connection between the two, and court heard Rouleau has a history of mental illness and a long-running criminal record. METRO

Scouts Canada. Authorities weren't informed of alleged sexual misconduct: Review

A forensic review of Scouts Canada's records reveals authorities were not contacted about at least 65 cases of alleged sexual misconduct against a youth.

"We are deeply and truly sorry for any harm that has happened at the hand of volunteers that were in our organization," said Steve Kent, Scouts Canada's volunteer chief commissioner at a press conference Monday.

"We will do everything that we can to prevent such instances from happening in the future and we encourage victims to talk to us."

The accounting firm KPMG conducted a seven-month audit of Scouts files, many of which were "disorganized" and "incomplete," according to an analysis of 486 identified records provided by Scouts Canada.

The records were related to suspension and termination of volunteers for alleged sexual misconduct against youth from 1947 to 2011.

In addition to the 65 cases, there were 64 cases where it was unclear whether authorities were contacted.

During the review process Scouts Canada provided information about those cases to police forces, which are investigating.

In 29 other cases, Scouts Canada had already contacted police. In 328 cases, police were aware of the allegation of sexual abuse before Scouts Canada.

Learning from past mistakes, the organization said it will now "rigorously" implement a new Child and Youth Safety Plan, which includes improved adult screening and training.

"Canadians can take comfort in the fact that we're confronting the past in its entirety now," said Kent.

JOE LOFARO/METRO IN OTTAWA

Steve Kent of Scouts Canada
METRO IN OTTAWA

Search efforts to continue after appeal from public, premier

Local residents react as they listen in during a news conference in Elliot Lake, Ont., on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Elliot Lake tragedy. Officials initially called off search due to concerns of a second collapse

Officials in Elliot Lake, Ont., say they are resuming rescue efforts at a partially collapsed mall after an appeal from Ontario Premier Dalton McGuinty.

The turnabout came just hours after the search efforts were called off because it was deemed too dangerous to send crews inside. They told a news conference a plan is still in the works.

McGuinty told The Canadian Press late Monday night that he asked that any other options be considered, including using heavy equipment to dismantle the building from the outside.

The premier says if a member of his family or a close friend might have been inside, he would want "no stone left unturned," and they owe it to the families and community of Elliot Lake to give it the best shot.

Dozens of local residents protested in front of city hall after the decision to abandon the search was announced, saying it was too soon to abandon the search.

A parking lot on the roof of the shopping centre crashed two floors down into the mall below on Saturday afternoon.

Although the sound of tapping, which led rescuers to believe someone was still alive inside the rubble, stopped on Sunday morning, officials say a device called a life detector has indicated there's someone breathing inside.

THE CANADIAN PRESS

Staying positive

"We've all banded together. We talk, we hug. We're just here together."

Catherine Timleck-Shaw, Elliot Lake, Ont., resident

For more news visit metronews.ca

Residential schools. Community celebrates lost birthdays after commission hearing

A big party was held at the end of a hearing in Saskatoon to recognize all the birthdays that were missed by children who attended residential schools.

The Truth and Reconciliation Commission provided cake, glow sticks, songs and cheers Sunday for all of the survivors who were never able to celebrate.

A stage was filled with children the same ages as many who attended the church-run schools.

The government apologized several years ago for the schools, where many aboriginal children were physically, emotionally and sexually abused.

The commission is holding hearings across the country and was in Saskatoon for several days last week.

A grandmother's pride

"I'm walking away with a hope for my children and my grandchildren. I'm proud to be a First Nations woman."

Bernadette Neapetung, former residential school student

Some of the people who attended said being able to celebrate a crucial part of childhood such as a birthday with other survivors was inspiring.

"I'm not alone. At (the) residential school, you felt so alone. You thought you were the only one going through this pain," said Bernadette Neapetung.

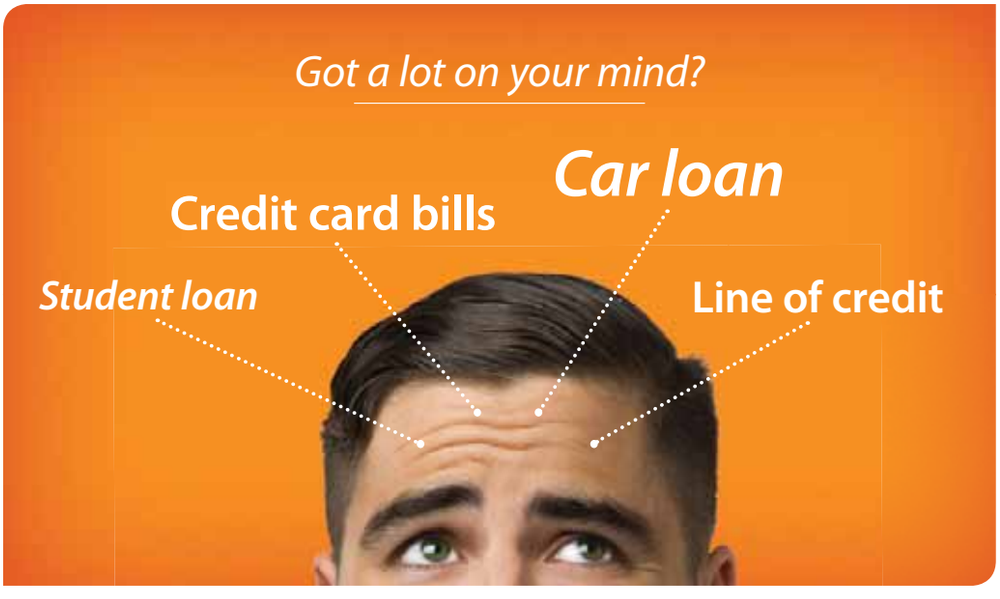
She attended the hearings with her brother, George, who also was sent to a residential school.

"It's been a lightening of a load that I have carried for the entirety of my life," he said, "To be able to give a voice to that little boy inside of me and to let all of those things go."

He said he was struck by the children on the stage.

"I didn't know how small I really was at that time ... and it brought me back. It touched me where I have never been touched before, where I never allowed anything before."

THE CANADIAN PRESS



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Egypt. New president starts crafting government

New Egyptian president Mohammed Morsi went to work first thing Monday morning and started work on forming a government.

This was even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

Morsi, 60, a U.S.-trained engineer from the fundamentalist Muslim Brotherhood group, is the first Islamist president of Egypt.

He defeated Mubarak's last prime minister, Ahmed Shafiq, in a tight race that deeply polarized the nation.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday, after the first free and fair elections in Egypt's modern history.

People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced.

Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising and a major intersection that had been blocked for a week by Morsi supporters protesting against the military.

THE ASSOCIATED PRESS

Mohammed Morsi THE ASSOCIATED PRESS

Tiptoeing into office

The contours are emerging of a backroom deal between the military and the Brotherhood that led to the ruling military council blessing Morsi as president.

- State TV showed footage of Morsi meeting Monday with the ruling military.
- The generals gave themselves sweeping powers that undercut the president.

Putin takes pause to remember on Israel trip

Russian President Vladimir Putin walks during an inauguration ceremony of a memorial to Red Army veterans of the Second World War in Netanya, Israel, Monday. The West's standoff with Iran over its nuclear program was expected to top the agenda as Putin began a 24-hour visit to Israel.

ALEXEI DRUZHININ/RIA NOVOSTI/THE ASSOCIATED PRESS

Leaving the tinderbox

General defects from Syrian army

A Syrian general was among the latest defectors from the country's military, officials said Monday. Dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight. There are conflicting reports but the group included possibly a second general and either two or three colonels.

THE ASSOCIATED PRESS

Tunisia

Jail time over cartoons upheld

A Tunisian court has upheld seven-and-a-half-year sentences on a conviction of posting cartoons of the Prophet Mohammed on Facebook. Jaber Majeri and an associate were each sentenced to jail and fined $800 US.

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Hundreds may be dead after landslides

Uganda. Villages destroyed and at least 15 houses buried following torrential rain, Red Cross says

In this 2010 file photo, people search for survivors after a landslide in eastern Uganda. Massive landslides destroyed villages in the mountainous district of Bududa on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Massive landslides induced by torrential rains destroyed three villages in the mountainous district of Bududa in eastern Uganda, killing possibly hundreds of people, officials said Monday.

Disaster Preparedness Minister Stephen Mallinga said it was still too early to say how many had been killed in Monday afternoon's landslides, but officials from Bududa said the final death toll would likely be in the hundreds.

"We are sending a rescue team down there," Mallinga said. "It's very difficult to estimate how many have been killed."

Witnesses said the landslides were unexpected, happening several hours after a torrential overnight downpour that at first seemed to have done little damage.

David Wakikona, a lawmaker from the region, said most people were likely indoors when huge blocks of mud and rocks started to roll down hills, toppling homes, killing livestock and burying people alive.

"We don't yet understand how this all happened, but it's terrible," he said. "Three villages have been buried."

According to Wakikona, at least 300 people lived in the affected villages. Officials said rescue teams from the Ugandan army would play a lead role in moving the soil as the search for possible survivors begins.

The Uganda Red Cross said that at least 15 houses had been buried in the landslides. It may take time before the full death toll from such disasters is known, as often it requires rescuers working with hoes and shovels to dig through the mud and find bodies trapped underneath. THE ASSOCIATED PRESS

19 killed after bus goes off bridge in

Rescue workers and investigators stand behind body bags containing the remains of victims of a bus crash in Meyerto when the bus plummeted off a bridge. THE ASSOCIATED PRESS

South Africa

on, South Africa, on Monday. At least 19 people were killed and 55 injured

Florida. Tropical storm wreaks havoc

Tropical Storm Debby drenched Florida with heavy rains, flooded low-lying neighbourhoods and knocked out power to thousands of homes and businesses as it lingered off the state's coast Monday.

The governor declared a statewide emergency, and a tropical storm warning was in effect for most of Florida's Gulf coast.

At least one person was killed by a twister in Florida, and crews in Alabama searched for a man who disappeared in rough surf Sunday.

State officials estimated at least 35,000 homes and businesses were without power. THE ASSOCIATED PRESS

Residents told to leave

Residents in several counties near the crook of Florida's elbow were urged to leave low-lying neighbourhoods because of the threat of flooding. Shelters were opened in some areas.

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Man awaits sex harassment case standing

Manitoba. Panel weighing whether judge should be punished for husband's lewd proposition

A man who says he was sexually harassed by a Manitoba judge is to find out Tuesday whether he will have standing at her disciplinary hearing.

A panel of the Canadian Judicial Council has reserved its decision on whether Alexander Chapman's lawyer will be able to make submissions and question witnesses. The panel is examining whether Justice Lori Douglas should be removed from the bench.

Chapman says Douglas's husband showed him sexually explicit photos of her and asked him to have sex with her.

Douglas has said she did nothing wrong and her husband acted without her knowledge.

The judicial council panel is considering requests for standing from two other individuals before it starts hearing evidence.

"Alex Chapman has a direct and tangential interest in this proceeding," lawyer Rocco Galati told the panel Monday as he argued why his client should have standing.

"A fair hearing cannot be conducted ... without having Mr. Chapman's counsel here."

The independent lawyer who is leading the inquiry, Guy Pratte, argued against giving Chapman standing. Pratte is tasked with representing the public interest in the case and has a duty to bring forward all relevant information.

"There is no room for a complainant ... to complement the job of independent counsel," Pratte said. "He seeks to bring forward no new facts."

Douglas is facing four allegations that basically boil down to one question: Can a judge whose husband took explicit pictures of her and uploaded them without her knowledge to the Internet be penalized for the very existence of the photos?

THE CANADIAN PRESS

Background

- Jack King admits that in 2003, he gave Chapman nude photos of his wife and asked him to have sex with her. She was a lawyer.
- Chapman filed a complaint in 2010, despite being paid $25,000 by King to settle a harassment claim.

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albertadepot.ca DEPOT It's Worth It

Veterans

WWII veterans finally recognized

Canadian airmen who flew with Bomber Command in the Second World War are getting recognition 67 years after their service.

The Conservative government is announcing that a special bar will be struck to be worn on the Canadian Volunteer Service Medal. At the end of the war, special medals were awarded for various campaigns, but none for those who flew in the long and dangerous bombing campaign.

Many air-force veterans have lobbied for recognition and the government has been working on the issue for several years.

THE CANADIAN PRESS

Quebec

22 charged after clash with cops

Twenty-two people are facing charges after a clash with police following Fête nationale festivities north of Montreal. Police in Bois-des-Fillion say two officers were injured when police tried to break up fights in a crowd Sunday.

The incidents broke out when people refused to leave the park. Capt. Sylvain Theoret says bottles, rocks and even garbage cans were thrown at his officers by some in the mob of 500 people.

Riot squads were called in to help and it took about three hours to get the situation under control.

THE CANADIAN PRESS

Activist sues over G20

G20 activist Julian Ichim arrives at police headquarters in Toronto on Monday before launching a $4-million lawsuit against the Toronto Police Services Board for alleged false imprisonment, assault and battery, misuse of public office, and other Charter breaches. While Ichim is seeking $4 million in general and punitive damages, he said his suit was not about money, but accountability. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Walmart Canada ramps up hiring

Expansion. Already one of Canada's largest employers, retail giant plans to hire 3,100 more workers by end of 2013

Walmart Canada is ramping up hiring amid rapid expansion in this country by the U.S.-based retail giant.

Walmart says it will open 47 hiring centres across the country as it adds a total of some 4,000 new employees this year and next, about 500 more than previously announced.

The mass retailer pays "above minimum wage," which varies by province, said Alex Roberton, spokesman for Walmart Canada, adding that employees can also participate in a profit-sharing program.

Roberton said the chain is "looking to hear" from former Zellers employees, whose experience would be taken into consideration.

In addition to the permanent jobs, the various projects are expected to generate some 10,500 construction jobs.

"We are extremely excited to be adding more than 4,000 new associates to our team," said Bob Hakeem, senior vice-president of people at Walmart Canada, using the company's preferred term for employee.

Walmart Canada pharmacies are also in the midst of a significant hiring phase.

Walmart Canada has already hired 900 employees this year, from sales associates to managers in its stores across the country, to field operations and home-office positions.

Already one of Canada's largest employers, it plans to hire an additional 3,100 workers by the end of 2013, raising its overall Canadian payroll to 94,000.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. The retailer opened its first Canadian supercentres in Ontario in 2006 and has since ramped up expansion plans for the large-store concept.

THE CANADIAN PRESS

Facing competition

By the end of 2013, Walmart Canada expects to spend some $750 million to open, relocate or remodel 73 stores.

- Included are most of the 39 former Zellers stores for which Walmart Canada purchased leasehold rights in June 2011. They will reopen as Walmart stores in this fiscal year.
- The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next year. Target plans to open 125 to 135 stores.

Ontario moms crack Walmart market

Four Toronto-area moms with more than a dozen children between them have cracked the Walmart market with an idea for labelling the stuff kids lose.

After selling more than 50 million labels in 97 countries through Mabel's Labels online, the women have made a deal with Walmart Canada to put them on store shelves across the country.

The company's new product — blank, self-laminating write-on labels that stick to any surface — are for parents who don't have time to order online and wait for delivery.

Julie Cole, 41, a former lawyer and mom of six, founded the company with her sister Cynthia Esp and two friends, Julie Ellis and Tricia Mumby.

They used to work out of a basement in Hamilton and now own a 14,000-square-foot facility in the city. They now employ 40 people.

"It was a perfect match for Walmart because our customer is Mom," says Jenn Williams, category manager for stationery at Walmart Canada. TORSTAR NEWS SERVICE

Samsung's latest model

Models display Samsung Electronics' newest smartphone, the Galaxy S III, during its world tour in Seoul, South Korea, on Monday. Samsung, the world's top mobile-phone maker, said it expects global sales of the latest Galaxy smartphone to surpass 10 million in July even as it struggles to keep up with demand because of component shortages. The company said the Galaxy S III will be released in 147 countries by the end of July, aiming to get a jump on rival Apple before it announces a new version of the iPhone in the third quarter. Samsung released the smartphone through all major mobile U.S. carriers last week. SAMSUNG ELECTRONICS/THE ASSOCIATED PRESS

Tech trouble

RIM shares slide after downgrading

Research In Motion shares hit their lowest level since 2003 on Monday as the company was downgraded by investment firm Morgan Stanley, which called the company "essentially broken."

Shares in RIM traded as low as $9.27 on Monday on the Toronto Stock Exchange, its lowest level since 2003 after adjusting for stock splits. The stock closed down 76 cents at $9.36.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.16¢ US (-0.44¢)

TSX 11,330.39 (-105.15)

OIL $79.21 US (-55¢)

GOLD $1,588.40 US (+$21.50)

Natural gas: $2.694 US (+6.9¢)
Dow Jones: 12,502.66 (-138.12)

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SEXISM IS NO JOKE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while, you can count on some male comedian to drag out the hackneyed "girls-aren't-funny" routine to try and gain some attention — or, in Adam Carolla's case, sell a book.

In an interview with the New York Post last week, the comedian complained about his personal struggle (eye roll) with unfunny female colleagues. "They make you hire a certain number of chicks, and they're always the least funny on the writing staff," he whined. "The reason why you know more funny dudes than funny chicks is that dudes are funnier than chicks."

It's pretty pathetic when a 48-year-old man uses words like "dudes" and "chicks" to offer commentary on gender roles in comedy. But I suppose this is the type of enlightened discourse we can expect from the comic genius behind The Man Show, a now-defunct program that featured such classic bro-centric segments as Guess Whose Asscrack and Breast Implant Fashion Show.

In reality

"There are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes."

If Carolla expects his staff writers to rely on low-brow, homophobic (GLAAD recently lambasted Carolla after he joked that the LGBT acronym should be changed to YUCK), frat-boy humour to get cheap laughs, then I'm not surprised to learn that he hasn't encountered many women who adhere to his idea of funny.

Sadly, while the backlash against Carolla's misogynistic remarks was substantial, he's not alone in his sexist ideas. The late Christopher Hitchens opined a similar argument in his infamous 2007 Vanity Fair essay titled Why Women Aren't Funny.

In the piece, Hitchens suggested that men are obliged to be funny in order to attract members of the opposite sex. "Women have no corresponding need to appeal to men in this way," he wrote. "They already appeal to men, if you catch my drift." Presumably, Hitchens' drift is that men are only attracted to women in a superficial (read: libido-driven) way. Underlying this belief is the dangerously chauvinist assumption that women are to be looked at, not heard from.

Thankfully, there are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes. Kristen Wiig, Lena Dunham, Mindy Kaling, Wanda Sykes, Tina Fey, Betty White — the list of women who are funnier (not to mention more successful) than Adam Carolla is endless. These women produce and star in their own films and TV shows, they win awards, and they narrate audiobooks that will make you laugh aloud like a lunatic on the bus during your morning commute.

As for Adam Carolla, this washed-up man-child should go back to hosting his wildly successful podcast that you've probably never heard of.

Adam Carolla debuted his second book, Not Taco Bell Material, on June 12. It's a memoir of the comedian's life from the early years up to the present day. KEVIN WINTER/GETTY IMAGES FILE

New Yorkers beam at WTC site

SPENCER PLATT/GETTY IMAGES

9-11 memorial site

Beam completes steel skeleton

A construction worker signs the last steel beam before it is hoisted 300 metres to the top of 4 World Trade Center on Monday in New York City.

The trapezoidal glass and steel office building, which is designed as an architectural backdrop to the September 11 Memorial, is scheduled to open in 2013.

GETTY

Construction worker Frank Gasior gazes as the last steel beam is hoisted to the top of 4 World Trade Center. GETTY IMAGES

Then and now

"Ten years later, it's pretty remarkable. This is a very proud moment. It's full circle."

Sally Rexach, a nurse who aids workers at the site as she did during the rescue and recovery work following Sept. 11. She said she had tears streaming down her face while the beam was lifted into the sky.

First tower completed

Redevelopment long overdue

Developer Larry Silverstein told the crowd that his goal was "to give New Yorkers back the city terrorists tried to take away."

After years of funding and planning disagreements that at times threatened progress, Silverstein acknowledged, "It's been a very tough time." But added, "I've always believed in downtown New York."

THE ASSOCIATED PRESS

Metropolitan Panel

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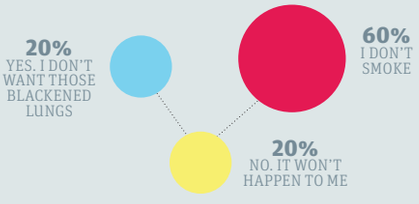

Twitter

@jeffdwoodward:
I'm probably going to get some grief for saying this but I really do love coming into work on Monday mornings. #livingthedream #yeg

@alexabboud:
Idea - leave Gretzky statue where it is. Convert Rexall to Gretzky Tomb upon his death.

@E_steeves:
This weather is trouble. All I want to do is sit outside. #yeg

@Jeff_Gunther:
Remember when the weather was so nice that your teacher took class outside? Feels like that today. :) #yeg

@sarafinaaaa:
#yeg wont be the ones to destroy rave music... it will be #ParisHilton

metro

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2 SCENE

Scene in brief

Billy Ray heads to Broadway

Country singer Billy Ray Cyrus is making his Broadway debut in Chicago. The singer of Achy Breaky Heart and father of Miley Cyrus is detouring from his Nashville roots in taking on the role of criminal lawyer Billy Flynn for a seven-week engagement beginning Nov. 5. Cyrus starred with his daughter in the hit TV series Hannah Montana, and has acted in TV movies on Lifetime and the Hallmark Channel. Cyrus has also hosted country music's Nashville Star and was a competitor on Dancing With The Stars. Other celebrities to join the Chicago cast have included Sofia Vergara, Melanie Griffith, Brooke Shields, Ashlee Simpson, Usher, Huey Lewis, Michael C. Hall and Jerry Springer.
THE ASSOCIATED PRESS

On the web

Black Keys sue Pizza Hut, Home Depot for copyright infringement over song use in ads

DVD reviews

The Artist

Director. Michel Hazanavicius

Stars. Jean Dujardin, Berenice Bejo, John Goodman

●●●●●

Passion is not normally experienced through the rear-view mirror, as regret and nostalgia are.

And yet here's The Artist, the most unlikely Best Picture winner at the Oscars in recent memory: a black-and-white, silent and exceedingly square homage to old Hollywood that is as passionate as new love.

You can call it a gimmick, as some did when The Artist premiered in competition last May at Cannes, winning star Jean Dujardin the festival's Best Actor award, a win he'd repeat at the Oscars.

But you can't fault it as smart entertainment, which eschews parody to make a sincere tribute that also serves as cogent, current commentary. In our increasingly wired world, who doesn't yearn for the supposed simplicity of the unplugged past?

The Artist isn't a conventional romance. But it's a passion project all the way, made by people with their heads in the present but their hearts in the past. Feel free to swoon along with them.
PETER HOWELL

Wrath of the Titans

Director. Jonathan Liebesman

Stars. Sam Worthington, Liam Neeson, Rosamund Pike

●●○○○

After 2010's Clash of the Titans, a botched remake of the cheesy 1980s swords-and-sandals epic of the same name, there was nowhere to go but up for the next Titans flick. Wrath of the Titans, directed by Jonathan Liebesman (Battle Los Angeles), heads modestly and noisily in that direction.

Wrath has much beefier 3D and also a bulkier Sam Worthington, returning as split-personality hero Perseus. Half god and half human, he's like a Chippendales dancer without the smile.

Wrath also has stronger characters and a modestly more interesting plot: a trip by Perseus to hell and back to rescue his bearded pappy, Zeus (Liam Neeson), a full-blooded god who has fallen on hard times. At this rate of improvement, the Titans series may approach adequacy in about five years or so. PETER HOWELL

Magic Mike opens in theatres on Friday. HANDOUT

Pettyfer bares all

Magic Mike. Actor talks about psyching himself up for semi-nude dancing

NED EHRBAR
Metro World News in Hollywood

While audiences are already familiar with Alex Pettyfer after a busy 2011 — with I am Number Four, Beastly and In Time — they are about to see a lot more of him, to put it lightly, with the release of Magic Mike. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character).

Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?
I guess you kind of like dive into the fact that when you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?
It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked, you kind just wrap your head around the fact that you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand, and having the experiences firsthand on the set was also very calming. I had to learn how to dance, because I can't dance. At all. To save my life. (laughs). But at the end of the day, you don't want to go to a male strip club and we're all perfect, classic dancers. What's great about the movie is that it's fun and mistakes are forgiven. It's an amazing thing to watch the flaws of a stripper because more comedy and more grime equals more reaction.

You're not playing Channing Tatum per se, but he is the basis for your character. Having him there must be...
A little awkward (laughs). It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally, because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience, so it actually really helped.

You also had some very enthusiastic extras on set for the dance numbers.
They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming. It just gave us the best energy. They did get out of hand. They got out of hand with Channing, and they 100 per cent got out of hand with Matthew, because that was not planned [when they rush the stage during his dance]. I thankfully didn't have any run-ins with them. I was very fortunate not to.

So what would you say was your least favourite dance routine costume?
I mean, my favourite was my least favourite because it was the hardest thing to get off. I just wanted to get it off and go for it, which is kind of funny because the first time I stripped, I wanted to keep all my clothes on. But that's a character choice and how my character is. He eventually loves what he does. So I guess the cowboy outfit? But it was also my favourite.

Quoted

"It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked."
Magic Mike star Alex Pettyfer

Showgirls

What about that other stripper movie?

"A friend asked me if this is the male Showgirls — which it really isn't. I almost had a heart attack there. Like, are we Showgirls? Oh, f—!," says Pettyfer.

But will people draw that connection anyway, because it's a movie about stripping? Pettyfer doesn't think so.

"You follow the characters through a journey," he says.

"It just happens to be in the world of male stripping."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Trebek has a heart attack

Alex Trebek

Longtime Jeopardy host Alex Trebek suffered a mild heart attack over the weekend, but is expected to recover, according to the Hollywood Reporter.

Trebek, who has hosted the game show for 28 years, "is in good spirits and is currently under observation and undergoing further testing," a rep says. "He is expected to fully recover and be back at Jeopardy when production begins taping in July for the new season."

Robert Pattinson and Kristen Stewart

Robert and Kristen were 'all over each other'

Robert Pattinson and Kristen Stewart turned heads at the star-studded wedding of Hollywood producer Kevin Turen and Evelina Oboza in New Jersey over the weekend, according to Us Weekly, partying with guests until 7 a.m. and engaging in some fairly public displays of affection.

"Rob and Kristen were all over each other," a source says. Pattinson also got a chance to let loose with Andrew Garfield and Zac Efron during the reception: "There was a little area where you could go and play music," the source explains.

"Rob sang, Andrew played the bongos, Zac played the guitar. It was a whole spectacle."

Amy Winehouse and Blake Fielder-Civil

Did Winehouse want a baby with her ex?

Amy Winehouse was reportedly desperate to have a child with ex-husband Blake Fielder-Civil — even after the pair split up — Blake's mother, Georgette Fielder-Civil, told a British newspaper.

Georgette says that before her son went away for his latest prison term, he showed her letters from Winehouse post-divorce that clearly indicate their romance was far from over.

"In one letter, Amy wrote that Blake was definitely getting her pregnant within two months. She talked about conceiving the baby — which they would call Lucky — on Valentine's Day," Georgette says. "Even after their divorce Amy told Blake she'd love him forever. They carried on talking to each other until a few months before she died."

The Word

Anthony Bourdain ALL PHOTOS GETTY IMAGES

Anthony Bourdain: Off with their heads

MONICA WEYMOUTH
scene@metronews.ca

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and No Reservations host Anthony Bourdain found the time to pen a graphic novel.

Part kitchen revenge fantasy, part kung-fu foodie fun, Get Jiro! includes a scene in which a man is decapitated for ordering a blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection deserves respect," Bourdain told us when we caught up with him this week in New York City.

"So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our savage friends, whose heads aren't ours.

Courtney Love is just being Courtney Love

One of Courtney Love's less destructive habits is throwing around lawsuits — in 2009, the rocker put her legal team on 14 cases in 10 months. But apparently, she forgot to pay for their many services. The rocker is being sued by her former lawyers for almost half a million in legal bills, reports TMZ.

Although she sent flowers and thank-you gifts, the suit alleges that the rare cheques bounced, and that Love used her funds to pay for a gaggle of personal assistants.

There's something refreshingly 'Courtney Love' about getting sued by your lawyer. Never change, Court.

Courtney Love

Jason Segel

Michelle Williams

Jason Segel is 'totally smitten' with Michelle Williams

Things seem to be going well on the romance front for Michelle Williams and Jason Segel. Williams "hasn't been this happy in forever," a source tells People magazine of the couple, who made a brief appearance at the after-party for the premiere of her new film, Take This Waltz, in New York late last week.

Segel, for his part, is just as happy. "Jason is totally smitten," the source says. "It's like the first girl he's ever been this way with."

Reese Witherspoon acknowledges her bump

Reese Witherspoon

While her baby bump has grown, Reese Witherspoon has stayed relatively mum on her pregnancy — her first with new husband Jim Toth.

But she finally acknowledged the obvious while at an event in Chicago, according to the Chicago Sun Times.

"Frankly, I'm feeling very round tonight," she told the crowd. When a reporter suggested she avoid the city's famously hearty food, she added, "Maybe, but it's not easy. I'm always feeling like I'd like to eat everything in sight."

As for her immediate plans, Witherspoon is currently shooting Devil's Knot with Colin Firth in Atlanta.

"After that, I'm going to take a little time off — and go have a baby," Witherspoon said.

Twitter

@Joan_Rivers
Who is Hollywood's hottest couple? Emma Stone and Andrew Garfield! They're like Brangelina, but without the child labor.

@DaveChappelle
I can't think of anything provocative to tweet, and yet, I must continue... Must...keep....tweeting.

@Diane_Keaton
Researching for my next book concept. What is your idea of beauty? Talk to me.

@AlbertBrooks
I might be crazy but I'm positive I saw Mubarak at the mall today.

3 LIFE

Go meatless this summer

Food for thought. The Meatless Monday campaign is fighting to reduce global meat consumption by urging carnivores to go veggie one day a week. In the Meat Free Monday Cookbook veteran vegetarian, Beatles singer Paul McCartney, shares his favourite recipes. Here's one:

ROMINA McGUINNESS
Metro World News

It's no secret that a diet high in processed red meat can dramatically increase the risk of death from heart disease or cancer. But with the summer barbecue season in full swing, we've been gorging on burgers most weekends. Will cheese and beans ever rival the real deal? Probably not. But it's time to tackle the scary truth, one steak at a time.

This is a fantastic salad. Here it's served with tofu, but you could just as easily serve it with veggie burgers or vegetarian sausages, as well as fries and mashed potatoes.

Paul McCartney's Super Vegetable Salad

If you're looking for something other than a steak, this is the dish for you. CONTRIBUTED

1 Preheat the oven to 400°F and roast the cherry tomatoes for 10 minutes.

Paul and his daughters / CONTRIBUTED

2 Cover the bottom of a pan with cold water and place a steamer above it. Put the broccoli, green beans, and carrots in the steamer, turn the heat on quite high, and steam for about 15 minutes, occasionally prodding the carrots with a fork to see if they are done. Some people like them slightly crunchy, others prefer them a little softer.

3 While the vegetables are steaming, make a salad with the leaves and scallions.

4 Combine the cornmeal and herbs in a bowl. Heat some olive oil in a frying pan. Dip the tofu in the cornmeal mixture and then fry until golden.

5 Whisk together the ingredients for the dressing, but only pour over at the last minute.

Ingredients

Serves 4

- 28 cherry tomatoes
- 3 florets of broccoli
- 12 green beans, cut into 1 inch lengths
- 2 carrots, peeled and sliced into 1 inch pieces
- 1 lettuce — I like Romaine
- 3 scallions, finely chopped
- 2/3 cup cornmeal
- a handful of chopped herbs of your choice
- 9 ounces tofu, cut into slices
- olive oil for frying

For the dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard (optional)
- 1 teaspoon maple syrup (if you like a bit of sweetness)

Health minute

Why go meatless?

Why should people aim to reduce their consumption of red meat? Metro asked Meatless Monday founder, Sid Lerner, for a few reasons: "Animal fat is the villain. Red meat is high in cholesterol and saturated fat and knocking it off the menu is good for your health. Eating it in excessive amounts (a portion larger than the size of a deck of cards, more than three times week) could eventually trigger a heart disease and or, diabetes. Eating mass amounts of red meat messes up the environment. Reducing global consumption will lighten up our carbon footprint. Cutting out meat from your meals one day a week is no big deal. We even managed to get celebrity chef, Mario Batali — who is a massive pork fan — to back the campaign. With enough willpower, anyone can do it."
METRO

Best Health

Five foods to help your skin

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Yes, you still need to wear sunscreen and a hat. But protecting your skin from the sun can also be delicious.

Each issue of Best Health magazine is full of often-surprising information about nutrition for Canadians.

In the Summer issue, on newsstands now, nutritionist Allison Tannis offers a list of five foods that provide the best sun-damage protection.

1. Tart cherries.
They are packed with melatonin, protecting your skin against UV rays and helping to repair sunburned skin by stimulating new skin-cell growth. And cherries' vitamin C builds collagen, helping prevent wrinkles.

2. Crimini mushrooms.
Because these are loaded with the mineral selenium, which produces antioxidants in your body, they fight free radicals that form in your skin after sun exposure.

3. Green tea.
This contains an antioxidant that helps ward off inflammation of the skin and neutralize free radicals.

4. Pomegranates.
Their high antioxidant content fights inflammation, and reduces the ability of UVB rays to cause cancer-promoting damage in skin cells.

5. Fatty fish.
Salmon, for example, is loaded with selenium and protein, both needed for skin repair. Eating fish will also keep your skin hydrated and radiant.

The Summer issue of Best Health is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

On the Web

The Lifesaving Society is hoping to prevent drownings among teens by strengthening their swimming skills before they hit high school

All good lunch columns go to foodie heaven, even this one

Nearly concealed behind the greenery are several succulent lamb and pistachio meatballs ($22). CHRISTOPHER THRALL

LUNCH RUSH
Christopher Thrall
life@metronews.ca

Though Culina Muttart is the branch that offers a Lunch Rush, I visited Millcreek — my fave for the past eight years — for my final Lunch Rush review.

The tiny bistro was as comfy as ever and the menu, as always, a surprise.

I opted for ground lamb and pistachio kofta meatballs under a luscious, smooth cream sauce and festooned with snap peas ($22).

I sipped on the light sweet Pinot Grigio our waitress selected ($9.50) and remembered covering the place several times during my stints with a local alt-weekly and dining website before starting with Metro. Culina was my choice for anniversaries, my recommendation to anyone who asked, and a place to savour companionship over several hours of delicious dinner or brunch.

I finished with a lemon curd tart ($8), practically frozen but melting into sour delight in my mouth. I was going to miss restaurant reviewing, but I couldn't imagine a more fitting send-off than a meal at Culina.

Visiting the restaurant

Culina Millcreek

Address. 9914 89 Ave.

Phone. 780-437-5588

Rating. 5/5

Price range. Mid

Licensed. Yes

Business lunch. Yes

Social lunch. Yes

Lunch with co-workers. Yes

Honeycomb and Brie English Muffin Pizzas. One of the best combos

1. Heat the oven to broil.

2. In a medium skillet over a medium-high temperature, heat the olive oil. Add the onion, garlic and thyme, then sauté for 5 minutes, or until the onion starts to get tender. Season with salt and pepper, then set aside.

3. Split each English muffin in half and arrange cut side up on a baking sheet. Set under the broiler just long enough to lightly toast, about 1 minute.

4. Top each muffin half with brie, then spoon a bit of the onion mixture over each. Place under the broiler for another minute. Transfer the halves to serving plates, then top each with a spoonful of honeycomb. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, thinly sliced
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- Salt and ground black pepper
- 4 large whole-wheat English muffins
- 6 ounces brie, thinly sliced
- Honeycomb

A hearty mix of grains & legumes

This recipe makes six to eight servings. THE CANADIAN PRESS H/O

This lentil burger not only contains lots of complementary vegetable protein from its combination of grains and legumes, but its meaty texture is hearty and delicious.

1. In a skillet over medium-high heat, place oil. Toss in onion, mushrooms and garlic and sauté until browned, about 10 minutes.

2. Transfer mixture to a food processor. Add remaining ingredients except sweet potato. Purée until smoothly combined. Transfer to a mixing bowl and stir in sweet potato. Let mixture rest for 10 minutes.

3. Using your hands, shape mixture into evenly formed patties. They may be cooked immediately, refrigerated for a few days or frozen for 1 month.

4. When it is time to cook the burgers, you can fry them in a lightly oiled sauté pan, sear them on a griddle or outdoor grill or bake in a 200 C (400 F) oven 15 to 20 minutes. THE CANADIAN PRESS/PULSE CANADA.

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 250 g (1/2 lb) fresh mushrooms, sliced
- 4 cloves garlic, chopped
- 500 ml (2 cups) cooked lentils
- 250 ml (1 cup) breadcrumbs
- 125 ml (1/2 cup) peanut or almond butter
- 30 ml (2 tbsp) miso paste
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) dried thyme
- 50 ml (1/4 cup) chia seeds
- 500 ml (2 cups) grated sweet potato

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MAXIMUM BENEFITS

CREDIT CARDS OFFER ADVANTAGES

Many Canadian families are tightening their belts, and examining the role of credit cards is an important step when your review your household budget. With more than 70 million credit cards now in circulation in Canada, we easily take for granted the number of real benefits they can provide for the average consumer.

When you use a credit card for everyday shopping, for instance, you don't need to carry a large amount of cash or provide the additional identification necessary to pay with a cheque.

A credit card also gives you a complete detailed summary of your monthly spending, an indispensable tool for creating and managing a budget.

Young Canadians should be aware that acquiring a credit card and using it responsibly is the quickest way to establish a positive credit rating, an absolute necessity for when they apply for a car loan or mortgage. Maintaining a strong credit rating by paying your credit card bills on time will help secure the lowest possible interest rate when you do apply for a mortgage or loan.

Credit cards often get a bad rap as debt magnets. On average, however, they account for less than five per cent of total household debt. Since more than 64 per cent of us pay our credit card balance in full each month, most of us pay an effective interest rate of zero. A credit card provides a convenient and secure way to shop, budget and manage your finances.

With the growing popularity of online shopping, credit cards have become even more essential; they can also help reduce the hassles of travel.

Millions of merchants accept major credit cards around the world, so you rarely have to worry about having foreign currency on hand. Furthermore, they are usually required to reserve a hotel room, rent a car, and make other travel arrangements.

Depending on the credit card you choose, you can earn points toward travel or merchandise with every dollar you spend. Many people use credit cards for regular expenses such as groceries and monthly bill payments to amass as many points as possible. Some cards also include plans that extend warranties and offer insurance on purchases. Competition amongst card providers for your business is fierce — with a bit of research, you can get a card with the extra features that suits your needs exactly, maximizing the benefits.

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REWARDING EXPERIENCE

The credit card business is one of the world's most competitive, and nowhere is this more evident in the dizzying array of customer loyalty programs. From free airline tickets to cash-back plans to grocery coupons, there are many reward programs to choose from. Some are free, while others charge annual card fees of more than $100.

Your answers to the following questions will help you determine which credit card loyalty program is best for you:

HOW MUCH DO I CHARGE ON CREDIT CARDS EACH YEAR?

The value of rewards from loyalty programs increases with the amount you charge. Take a look back at your statements from the previous year (if you don't have these, start saving copies or track them online). In general, to earn enough rewards to cover the annual fees associated with many everyday cards, such as Visa or Mastercard, you need to charge at least $15,000 per year.

DO I EVER CARRY A BALANCE?

Paying interest on unpaid balances is the fastest way to eliminate all of the advantages associated with loyalty programs. If you don't pay off your account balance each month, consider putting away your credit cards for a while, or at least switch to the card with the lowest interest rate.

AM I LOYAL TO SPECIFIC BRANDS, SUCH AS CAA, AIR CANADA OR HOLT RENFREW?

Many cards associated with specific brands yield good value. Under the CAA (Canadian Automobile Association) Mastercard program, for instance, points amassed through purchases enable you to pay off your annual membership dues. If you choose the no-fee card and use it only to buy gas, this is a great deal. Other brands, such as Holt Renfrew, Costco and Air Canada also offer branded credit cards with loyalty programs.

HOW OFTEN DO I TRAVEL BY PLANE OR RENT VEHICLES?

Credit card loyalty programs began as a strategy to attract business travellers — a lucrative market. These roots are still evident in the many benefits targeted at travellers, such as no-cost insurance coverage for flight delay, trip cancellation and interruption, travel accident and medical, auto rental loss and damage, hotel burglary. Other travel-related benefits include companion plane tickets, business class lounge access, priority check-in, and enhanced hotel and dining services. If you often pay for some of these benefits, look for a card program that offers those specific benefits.

Your answers should help you identify a short list of potential programs. Make a final comparison of earning ratio: The amount you have to spend to get various rewards.

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#17591B CAB PLUS, 4X4, 64,000 KMS
$16,450

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#17653B, V6, LOADED BLACK
$10,995

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#17660B LEATHER MOONROOF, LIMITED 40,000 KMS
$16,950

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#17847A X CAB 4X4 55,000 KMS
$17,650

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#17840A V8 4X4 77,000 KMS
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#17601B 4 CYL AUTO, 2.4L 63,000 KMS
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In the dark: Don't miss a mortgage payment because the Internet is down. CONTRIBUTED

Does the Net handle all your finances?

Plugged in. Trying to pay a bill or cancel a card can be a total nightmare when the Internet is down — have a back-up plan

YOUR MONEY
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We're all pretty much tech addicts these days and nowhere is this dependency more evident than in our Internet love affair. But everyone must have a fall back plan if you lose your connection, especially for financial data. I know of what I write.

This week I lost my service for a couple of hours and it pretty much brought my work to a standstill. I couldn't access e-mail, let alone pay bills or check my calendar. I also had to contact my bank regarding a transaction. But have you ever tried to contact a specific person at a branch when you can't even locate a current phone book?

When the Internet abandons you the biggest concern is accessing your financial life. Delays could mean interest charges or other penalties.

One reader missed making his RRSP contribution when he lost service the night of the deadline. That cost him thousands in tax.

Here are four important steps you should take to protect your finances from cyber interruption.

1. **Save.** With programs such as Yahoo or Gmail, which are not resident in your computer, save important e-mails to your hard disk. Search the respective help programs for instructions. But I find it is even quicker to cut and paste e-bills or other important financial e-mails and save them in Word.

The advantage here is that you can make notes about when a bill is paid or add information about changing a cell or cable package, for example, with the relevant confirmation number. Assuming you back up your computer the information is easily accessible, Net or no Net.

2. **Contacts.** Print your contact list and make sure you have contact numbers for every bill you pay as well as for your bank and brokerage. Store it somewhere safe.

3. **Inventory.** Have a hard copy of all banking information including account numbers, passwords and security questions. I abbreviate the latter two for safety. For extra protection store it in a safety deposit box but be aware that if the bank isn't open you're stuck.

4. **Calendar.** Maintain a simple hard copy calendar or one resident on your computer noting when all bills are due. It will be a lifesaver if the Internet goes dark.

Alison's money rule

"Love the Net but be sure to have a financial back-up plan for when it fails."

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

On the cheap

Ten ways to save money moving

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
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I spent this past weekend moving out of my suburban house and into my new downtown condo. Though I knew it would be expensive, I underestimated the timing of my total costs.

My VISA card hasn't seen this much action in one weekend since the time it was stolen four years ago.

Here are ten easy ways to save big when moving.

1. In advance of your move, prepare a budget. A budget is a tool to help you plan for your total moving expenses so you can avoid unnecessary debt once the bills start rolling in. Include costs such as truck rental, mileage, movers, soft costs and more.

2. **Plan for soft costs which fall outside of your expected moving expenses such as utility, cable, Internet and phone hook-ups.** Closing costs for a house such as legal fees and taxes can add up to thousands. Don't get caught off-guard by soft costs! Ask your realtor or lawyer what to expect.

3. Downsize before you move so there will be less to transport. I sold 80 per cent of my furniture prior to moving through Kijiji. I also donated boxes of clothes, coats, boots, games and other household goods to a local charity. Use websites such as Craigslist, Kijiji, eBay and others to off-load your goods.

4. Rather than paying a moving company to pack up, transport, and unpack your house, do it yourself. If you're moving locally, bribe your friends to help with pizza, beer, begging and a big "thank you". Borrow a pick-up truck, and cart your things over by the truckload.

If you've got a long haul to your new place, rent a truck through a company like U-Haul. Alternatively, it can be more affordable to ship your stuff using a pod rather than a moving truck.

5. If you need to hire movers, get multiple quotes, which will help you negotiate for the best rate. Work alongside with movers, so that you can reduce the time it takes and total billable hours. Save big by moving in the off season or mid-week rather than on the weekend.

6. Negotiate everything. Moving company's fees, truck rates, and much more are negotiable. Ask for a discount, present a competitive offer and if the manager doesn't want to cut you a deal, take your business elsewhere.

7. Clean up yourself. Unlike my new condo, which was a pigsty when I took possession, most new homes are supposed to be clean. Don't hire a cleaner. Grab your rubber gloves and start scrubbing.

8. Save on packing supplies. Borrow boxes from friends, or ask your local grocery store for free ones. Dollar stores sell inexpensive packing tape and markets. Use your clothes, towels and sheets to wrap delicate items rather than buying bubble wrap.

9. Deduct qualified moving expenses from your taxes. Check with your accountant whether your expenses are deductible and keep all of your moving receipts.

10. If you're moving for work, ask your employer to pay for it.

Don't forget to put your piggy bank in the U-Haul van. ISTOCK IMAGES

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How to socialize your boyfriend and not be annoying

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles,
I have to admit that the man I chose to be my boyfriend has some traits that I would prefer he did not possess. OK, I admit it: I think he has bad manners. For example, he has a habit of forgetting to ask for his water without ice at restaurants. At the end of the meal, he wants to drink water without ice, so he scoops ice out with a fork or a spoon and puts it in his empty plate. Then he drinks the water. Sometimes I try not to let it bother me, especially when we're in a really casual restaurant. However the other night he did it in a small, fancier restaurant, and I could see people looking at him. How do I socialize my boyfriend without being an annoying girlfriend who is overtly trying to socialize her boyfriend? I've tried to model ordering water without ice (even though I prefer ice) but he doesn't get the hint. Rolling my eyes and being annoyed when he does stuff like that is more effective at getting him to stop, but I don't like acting like that.
Stressed Girlfriend

Dear Stressed Girlfriend,

I'm a firm believer you must deal with this issue head on and sooner rather than later, so how do we do this?

Firstly, not in public, nor in front of a waiter, pick a private place when it is just the two of you. Once alone, I think I would just come right out and say, "You know John, I've noticed that when you pick the ice out of your glass, people at the tables around us are staring at you, and it is making me uncomfortable. Would you please do me a favour and when you order water, can you please order it without ice?"

The reason I like this method is because it tells him about others who have observed his behaviour and as his girlfriend, how this makes you uncomfortable.

Please let us know how it goes! Fingers crossed!

Take the hint, honey! ISTOCK

Do as I say, not as I do

Q&A. Bravo show offers glimpse of what real life is like for a dating expert

HEIDI PATALANO
Metro New York

From left to right, Julia Allison, Emily Morse and Amy Laurent star in Bravo TV's Miss Advised. HANDOUT

New York matchmaker Amy Laurent is about to star in a show that points out all the ways in which she doesn't stick to her own dating advice.

Bravo TV's Miss Advised features herself and two other savvy relationship experts — Julia Allison in Los Angeles and Emily Morse in San Francisco — who can dole out great bits of wisdom for other people, but have a hard time settling down themselves. Laurent discussed with us the perils and perks of dating on TV.

I can't imagine anyone signs up to do a reality show knowing it will end up being about how, as a dating expert, she doesn't take her own dating advice.

Well, I knew. First of all, the decision to make a reality show is a big one. I knew that this wasn't a matchmaker show. It was pretty clear that this would be an inside look at what real life is for an expert. When you go into a show knowing there are two other relationship experts who happen to be single, you can't lie to yourself and say, "I didn't know this was going to delve into my personal life."

Which of your own rules is the hardest to follow?

I'm really great at guiding people through relationships because my heart's not involved and I'm in control. When my ex came back into town, I felt like a 12-year-old girl in a panic. You're not supposed to see your ex. ... And what do I say? I say, "I can't wait to see you."

But it's real and this is what being human is all about.

How did you prepare the men you were dating for spending time in front of the camera?

To be honest, for the past four and a half years, I haven't really dated, so having a camera there didn't make much of a difference for me because I was just getting myself back into the dating world. There was no prep time. Yes, doing a show like this, you have to get used to the cameras, but I can promise you that when you're dealing with something so raw and real, you forget the cameras are there. It really gets personal.

Her dating rules for men

• Don't ask her out for the second date while on the first date. "Don't put that person on the spot."
• Don't reach out too soon after the first date. "(Reach out) maybe the next evening."
• Don't plan dinner or drinks at your house. "Obviously, don't have sex early on."

Her dating rules for women

• Never initiate the text to the guy. "Let him initiate. If you start taking that role, guess what? He's going to sit back and relax and you're going to have to chase him."
• Keep busy. "If you like a guy, don't say no to other dates. Keep dating other people until you're exclusive."
• Don't accept same-day dates. "I don't care if you're bored off your butt and he says, 'Are you free tonight?' You teach him: 'You want to see me? You have to plan ahead.'"

Eleanore Wells: Spinster and loving it

Lessons. Author hopes to show women that husbands and children aren't for everyone

"I love having a boyfriend. I love having him go home," says Eleanore Wells, the vivacious author of The Spinsterlicious Life: 20 Life Lessons for Living Happily Single & Childfree.

Wells has not had what many consider the traditional life. By middle age, she is unmarried and child-free. And she's sick of people pitying her for it.

"I don't think husbands and kids are for everybody," she says. "I think they're really good things to have, but lots of women, either by choice or by circumstance, are not going to have that. My belief is that you owe yourself a good life, no matter what your circumstance is. ... I'm living proof, because I have a fantastic life."

Having been a source of inspiration to her other single friends, Wells decided to outline, in her book, all of the benefits of singledom. Her points are not aimed at rejecting coupling, but at leading a full life while alone, which can also lead to being not so single anymore.

"You can certainly figure out a way to celebrate all the other good things that are going on in your life," says Wells.

"And happy people often attract other people."

Eleanore Wells. HANDOUT

The 'Spin'

Pearls of Wells' wisdom:

• If your ex was a jerk the first time around, he'll still be a jerk next time around: "If (your reason for breaking up the first time was) personality — or behavior-related — he was a jerk, he wasn't nice, if he was mean, if he cheated — you know those are four things that kind of say something about the person. Don't go there."

• You can't force chemistry: "I think you kind of know relatively quickly whether you are drawn to someone. ... I don't think you can fake that. I don't think you can force it. So, there was a time when I would meet, you know, what we would call your 'standard nice guy,' and I'd feel nothing and I'd say, 'Oh, but he's so great, he's a good person! I should be attracted to him. I should want to date him.' It doesn't work."

• Babies aren't for everybody: "There's almost nothing else you can do in life that you can't take back or change in any way. Having a kid is (one of those things). You have to be 100 per cent all the way in, and so if there's doubt there, I think you should wait until there is no doubt.

HEIDI PATALANO/METRO NEW YORK

Women's basketball

Canadians step closer to London

The Canadian women's basketball team moved a step closer toward qualifying for the London Games.

Canada thumped Mali 89-23 on Monday in the opening game for both teams at a FIBA Olympic qualifying tournament.

THE CANADIAN PRESS

Tennis

Early Wimbledon exit for Venus

Five-time champion Venus Williams was eliminated 6-1, 6-3 by Elena Vesnina of Russia at Wimbledon on Monday, the first time the American has lost in the opening round at the All England Club since her debut 15 years ago.

Williams has fallen to 58th in the world rankings since being diagnosed with an autoimmune disease.

THE ASSOCIATED PRESS

Marijuana

Gymnast banned after drug test

A Canadian gymnast has been suspended for six months after testing positive for marijuana.

The world governing body of gymnastics says Cory Marsh, 18, from Oakville, Ont., failed a drug test in Orlando in April.

THE CANADIAN PRESS

Euro 2012

Germany looks to change tradition

Germany's young team can achieve something none of its predecessors have ever managed — beating Italy at a major tournament. Germany captain Philipp Lahm says his teammates are not concerned with statistics.

THE ASSOCIATED PRESS

NHL. Sakic, Shanahan head list of hall hopefuls

Joe Sakic, Brendan Shanahan, Mats Sundin and Jeremy Roenick lead the list of first-year eligible players hoping to get the call from the Hockey Hall of Fame.

The hall will announce its newest inductees on Tuesday. The 2012 class will enter the hall on Nov. 22.

"Every year now it's getting real difficult," Hall of Famer Scotty Bowman, a member of the hall's 18-member selection committee, said of choosing the inductees.

THE CANADIAN PRESS

Joe Sakic won two Stanley Cups and had 625 goals and 1,016 assists in 1,378 NHL games. GETTY IMAGES

Honour. Gretzky receives inaugural Order of Hockey

As he received yet another award honouring his career, Wayne Gretzky said he had no regrets about leaving hockey.

No, he isn't returning to the sport he conquered — not now, anyway. Instead, Gretzky was content to say he did all he could for the sport during his career.

"For us to be the first ones, it's a great honour," said Gretzky of the award. "Everyone's tickled to be here and be part of this. This is a wonderful night for all of us."

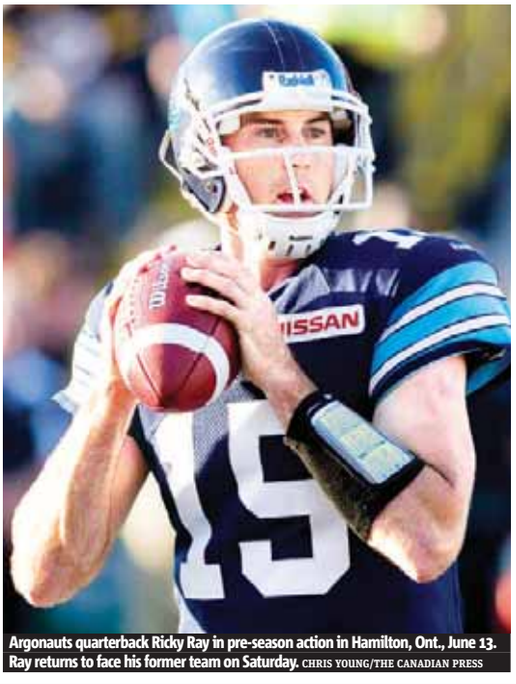
Gretzky retired from the NHL in 1999 after a long career that included four Stanley Cups and later an Olympic gold medal as manager of Canada's men's team at the 2002 Winter Games.

THE CANADIAN PRESS

Award

The Great One was one of five people to receive the inaugural Order of Hockey In Canada on Monday for being an individual who made a significant impact on the sport in the country.

Historic CFL season should provide plenty of drama



Argonauts quarterback Ricky Ray in pre-season action in Hamilton, Ont., June 13. Ray returns to face his former team on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

CFL. Eskimos open season against Argos and former QB Ricky Ray

The 2012 season will be a nostalgic one for the CFL as it marks the 100th anniversary of the Grey Cup.

But after a busy off-season, there will be plenty of drama for football fans long before the historic championship game is played in November.

The season opens with four new head coaches across the league, slotback Andy Fantuz playing closer to home and longtime West Division quarterbacks Ricky Ray and Henry Burris renewing their rivalry in southern Ontario.

The Winnipeg Blue Bombers and Hamilton Tiger-Cats, meanwhile, will bid farewell to their longtime stadiums at the end of the season.

Fantuz, Burris and Ray will all be prominent figures Friday when the regular season kicks off.

On Saturday night, Scott Milanovich will make his CFL head-coaching debut when Toronto visits Edmonton. But of more importance to Eskimos fans will be Ray's return to Alberta.

Ray spent nine seasons in Edmonton and led the club to two Grey Cup titles before being dealt to Toronto for journeyman quarterback Steven Jyles, Canadian kicker Grant Shaw and the No. 2 pick in the 2012 CFL draft. Eskimos GM Eric Tillman was widely criticized, not only for dealing a two-time Grey Cup champion who at age 32 would seem to still have plenty of good football left, but for getting so little in return.

THE ASSOCIATED PRESS

Quoted

"There were significant changes in the off-season. I think all these stories build great momentum for us in 2012."

CFL commissioner Mark Cohon

4 SPORTS

Women's soccer

"We're a very confident team right now and we feel that on any given day we can beat the Japans, the U.S.A.'s, the Swedens."

Canadian women's soccer captain Christine Sinclair. She says her experienced team is primed for this summer's Olympics. The 18-woman squad announced Monday has a combined 1,374 caps. After the team's poor showing at last year's World Cup, Sinclair acknowledges it's time for the seventh-ranked Canadians to deliver against top opposition.

THE CANADIAN PRESS

On the web

Canadian welterweight Rory (Ares) MacDonald is looking to take down a legend at UFC 152 in Toronto. And he may get to do it in the main event. The British Columbian's fight against former champion B.J. Penn is currently listed as the co-main event for the Sept. 22 show at the Air Canada Centre. But a possible main event apparently won't take place. Scan the code for the story.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	44	28	.611	—
Baltimore	41	31	.569	3
Tampa Bay	40	33	.548	4½
Boston	38	35	.521	6½
Toronto	38	35	.521	6½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	38	35	.521	—
Cleveland	37	35	.514	½
Detroit	36	37	.493	2
Kansas City	32	39	.451	5
Minnesota	30	42	.417	7½

WEST DIVISION

	W	L	Pct	GB
Texas	45	29	.608	—
Los Angeles	40	33	.548	4½
Oakland	35	38	.479	9½
Seattle	31	43	.419	14

Monday's results
Toronto 9 Boston 6
Detroit 8 Texas 2
Kansas City 8 Tampa Bay 0
Minnesota 4 Chicago White Sox 1
N.Y. Yankees 7 Cleveland 1
Oakland at Seattle
Tuesday's games — All Times Eastern
Cleveland (Masterson 4-6) at N.Y. Yankees (P.Hughes 7-6), 7:05 p.m.
L.A. Angels (C.Wilson 8-4) at Baltimore (Matusz 5-8), 7:05 p.m.
Toronto (Laffey 0-0) at Boston (Matsuzaka 0-2), 7:10 p.m.
Detroit (Smyly 2-2) at Texas (Darvish 9-4), 8:05 p.m.
Chicago White Sox (Floyd 5-7) at Minnesota (Hendriks 0-4), 8:10 p.m.
Tampa Bay (Archer 0-1) at Kansas City (B.Chen 6-6), 8:10 p.m.
Oakland (Blackley 1-2) at Seattle (Vargas 7-7), 10:10 p.m.

INTERLEAGUE

Sunday's results
Miami 9 Toronto 0
Baltimore 2 Washington 1
Boston 9 Atlanta 4
Chicago WSox 1 Milwaukee 0 (10 innings)
Detroit 3 Pittsburgh 2
Houston 7 Cleveland 1
L.A. Angels 5 L.A. Dodgers 3
Minnesota 4 Cincinnati 3
N.Y. Yankees 6 N.Y. Mets 5
Oakland 4 San Francisco 2
San Diego 2 Seattle 0
St. Louis 11 Kansas City 8
Tampa Bay 3-7 Philadelphia 2-3
Texas 4 Colorado 2

AMERICAN LEAGUE BATTING

	G	AB	R	H	Avg.
Konerko, ChiW	65	240	36	82	.342
Trout, LAA	51	207	43	70	.338
Beltre, Tex	69	266	41	86	.323
Hamilton, Tex	66	254	46	81	.319
Trumbo, LAA	64	237	34	75	.316
Mauer, Minn	63	228	33	72	.316
Jeter, NYY	70	302	40	92	.305
Fielder, Det	72	270	36	82	.304

NATIONAL LEAGUE BATTING

	G	AB	R	H	Avg.
DWright, NYM	69	253	47	91	.360
Votto, Cin	71	245	47	88	.359
MeCabrera, SF	70	291	49	102	.351
Ruiz, Pha	65	207	30	72	.348
McCutchen, Pgh	68	253	39	86	.340
CGonzalez, Col	65	265	52	87	.328
Braun, Mil	68	260	47	83	.319
YMolina, StL	66	242	31	77	.318
Prado, Atl	70	276	42	87	.315

Not including Monday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	41	30	.577	—
Atlanta	38	34	.528	3½
New York	39	35	.527	3½
Philadelphia	35	40	.467	8
Miami	34	39	.466	8

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	40	32	.556	—
Pittsburgh	38	34	.528	2
St. Louis	39	35	.527	2
Milwaukee	33	40	.452	7½
Houston	30	43	.411	10½
Chicago	25	48	.342	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	43	30	.589	—
San Francisco	40	33	.548	3
Arizona	37	35	.514	5½
Colorado	28	44	.389	14½
San Diego	27	47	.365	16½

Monday's results
Chicago Cubs 6 N.Y. Mets 1
Cincinnati 3 Milwaukee 1
Colorado 4 Washington 2
Philadelphia 8 Pittsburgh 3
San Diego 8 Houston 7 (10 innings)
St. Louis 8 Miami 7 (10 innings)
L.A. Dodgers at San Francisco
Sunday's result
Arizona 5 Chicago Cubs 1
Tuesday's games — All Times Eastern
Pittsburgh (Bedard 4-7) at Philadelphia (Worley 3-4), 7:05 p.m.
Arizona (D.Hudson 3-1) at Atlanta (T.Hudson 5-3), 7:10 p.m.
Milwaukee (Estrada 0-3) at Cincinnati (Arroyo 3-5), 7:10 p.m.
St. Louis (Lohse 6-2) at Miami (Zambrano 4-5), 7:10 p.m.
N.Y. Mets (Gee 5-5) at Chicago Cubs (R.Wells 1-2), 8:05 p.m.
San Diego (K.Wells 0-0) at Houston (Lyles 1-4), 8:05 p.m.
Washington (G.Gonzalez 9-3) at Colorado (Friedrich 4-4), 8:40 p.m.
L.A. Dodgers (Kershaw 5-3) at San Francisco (Vogelsong 6-3), 10:15 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through June 24

1. Matt Kenseth, 596 points. 2. Greg Biffle, 585. 3. Dale Earnhardt Jr., 582. 4. Jimmie Johnson, 571. 5. Tony Stewart, 533. 6. Kevin Harvick, 532. 7. Clint Bowyer, 529. 8. Denny Hamlin, 523. 9. Martin Truex Jr., 520. 10. Brad Keselowski, 490. 11. Carl Edwards, 479. 12. Kyle Busch, 459. 13. Ryan Newman, 453. 14. Paul Menard, 445. 15. Joey Logano, 441. 16. Marcos Ambrose, 425. 17. Kasey Kahne, 421. 18. Jeff Gordon, 414. 19. Jeff Burton, 408. 20. Jamie McMurray, 402. 21. Aric Almirola, 388. 22. Juan Pablo Montoya, 387. 23. A J Allmendinger, 365. 24. Mark Martin, 341. 25. Regan Smith, 338. 26. Bobby Labonte, 336. 27. Kurt Busch, 331. 28. Casey Mears, 296. 29. David Ragan, 278. 30. David Gilliland, 264. 31. Travis Kvapil, 228. 32. Landon Cassill, 227. 33. Dave Blaney, 219. 34. David Reutimann, 198. 35. J.J. Yeley, 117. 36. Brian Vickers, 106. 37. David Stremme, 103. 38. Michael McDowell, 83. 39. Tony Raines, 61. 40. Ken Schrader, 60. 41. Josh Wise, 59. 42. Brendan Gaughan, 50. 43. Terry Labonte, 42. 44. Stephen Leicht, 37. 45. Scott Speed, 31. 46. Scott Riggs, 27. 47. Michael Waltrip, 26. 48. Boris Said, 15. 49. Hermie Sadler, 13. 50. Robby Gordon, 11.

GOLF

PGA FEDEXCUP STANDINGS

Through June 24
(all figures in U.S. dollars)

	Points—Money YTD
1. Jason Dufner	1,849—$4,077,013
2. Bubba Watson	1,617—$3,732,778
3. Hunter Mahan	1,572—$3,387,212
4. Tiger Woods	1,452—$3,050,398
5. Matt Kuchar	1,423—$3,325,352
6. Zach Johnson	1,420—$3,084,941
7. Rory McIlroy	1,372—$3,164,700
8. Phil Mickelson	1,313—$2,857,371
9. Webb Simpson	1,298—$2,771,722
10. Carl Pettersson	1,258—$2,459,113
11. Rickie Fowler	1,197—$2,731,569
12. Justin Rose	1,169—$2,636,250
13. Johnson Wagner	1,142—$2,107,868
14. Luke Donald	1,070—$2,299,506
15. Kyle Stanley	992—$2,035,353
16. John Huh	982—$2,120,080
17. Mark Wilson	940—$1,953,639
18. Jim Furyk	931—$1,939,396
19. Bill Haas	922—$1,887,862
20. Keegan Bradley	915—$1,764,635
21. Steve Stricker	911—$1,862,017
22. Dustin Johnson	898—$1,815,990
23. Marc Leishman	897—$1,732,982
24. Brandt Snedeker	888—$1,757,814
25. Ben Curtis	886—$2,154,480
26. Martin Laird	847—$1,885,834
27. Graeme McDowell	812—$1,827,484
28. Ernie Els	802—$1,644,658
29. Kevin Na	779—$1,690,805
30. Ben Crane	747—$1,508,555
31. John Rollins	719—$1,420,187
32. Robert Garrigus	709—$1,329,838
33. Charlie Wi	709—$1,269,142
34. Spencer Levin	695—$1,240,911
35. Lee Westwood	690—$1,692,789
36. Louis Oosthuizen	690—$1,549,652
37. Bo Van Pelt	664—$1,426,122
38. D.A. Points	662—$1,345,313
39. Jonathan Byrd	655—$1,486,315
40. Brian Davis	655—$1,177,793
41. Ryan Palmer	641—$1,163,762
42. Matt Every	641—$1,365,897
43. Michael Thompson	628—$1,215,966
44. Ken Duke	622—$1,170,420
45. Charles Howell III	621—$896,483
46. John Senden	604—$1,089,172
47. Cameron Tringale	603—$1,112,016
48. Brendon de Jonge	596—$910,675
49. Charley Hoffman	579—$1,132,519
50. George McNeill	573—$1,031,675
51. Kevin Stadler	561—$1,035,276
52. Rory Sabbatini	545—$1,038,540
53. Padraig Harrington	538—$1,150,762
54. Aaron Baddeley	535—$1,015,289
55. David Toms	524—$1,071,928
56. Ryan Moore	518—$948,294
57. Sean O'Hair	518—$788,794
58. Sang-Moon Bae	510—$967,285
59. Seung-Yul Noh	507—$831,292
60. Dicky Pride	503—$1,088,363
61. Jeff Overton	495—$845,378
62. Bud Cauley	492—$771,461
63. Scott Piercy	485—$852,965
64. Jimmy Walker	483—$871,808
65. Greg Owen	477—$827,163
66. Pat Perez	473—$795,467
67. Chris Stroud	469—$856,236
68. Bryce Molder	466—$759,795
69. Greg Chalmers	464—$588,322
70. Nick Watney	463—$822,007
71. Jonas Blixt	455—$873,798
72. Harris English	455—$830,806
73. John Merrick	454—$758,273
74. Geoff Ogilvy	445—$744,108
75. Ian Poulter	443—$914,708
76. J.B. Holmes	440—$779,430
77. Fredrik Jacobson	434—$833,431
78. Tom Gillis	432—$726,804
79. Vijay Singh	429—$654,805
80. K.J. Choi	423—$682,445
81. Robert Allenby	415—$759,557
82. John Mallinger	410—$623,490
83. Bob Estes	402—$683,558
84. James Driscoll	400—$635,678
85. Sergio Garcia	396—$801,316
86. Henrik Stenson	394—$701,103
87. Harrison Frazar	386—$720,635
88. Blake Adams	383—$627,017
89. Charl Schwartzel	380—$810,744
90. Daniel Summerhays	379—$674,625
91. Andres Romero	377—$700,619
92. Ricky Barnes	376—$626,889
93. Colt Knost	370—$746,846
94. Chad Campbell	370—$508,149
95. Martin Flores	365—$557,767
96. Jeff Maggert	363—$517,778
97. Brian Gay	357—$618,043
98. Adam Scott	356—$738,899
99. Tommy Gainey	350—$620,881
100. David Hearn	**350—$585,355**
101. Boo Weekley	335—$627,199
102. Billy Mayfair	335—$514,162
103. Kevin Chappell	333—$443,157
104. Brian Harman	332—$522,818
105. Roberto Castro	330—$360,258
106. J.J. Henry	325—$571,495
107. Will Claxton	323—$453,062
107. Davis Love III	323—$552,384
109. Chris Kirk	318—$549,571
110. Trevor Immelman	309—$476,104
111. David Mathis	307—$575,980
112. Kevin Streelman	306—$580,337
113. Graham DeLaet	**305—$539,142**
114. Tim Herron	296—$353,970
115. Jason Day	295—$579,786
116. William McGirt	289—$403,418
117. Brendan Steele	288—$599,915
118. Vaughn Taylor	280—$462,618
119. Kyle Reifers	268—$334,158
120. Kris Blanks	268—$365,659

BASKETBALL

WOMEN'S OLYMPIC QUALIFYING

At Ankara, Turkey

PRELIMINARY ROUND

Monday's results
Canada 89 Mali 23
Croatia 84 Mozambique 62
Czech Republic 70 New Zealand 51
Turkey 65 Puerto Rico 53
Tuesday's games — All Times Eastern
Mozambique vs. South Korea, 7:30 a.m.
New Zealand vs. Argentina, 9:45 a.m.
Turkey vs. Japan, 12 noon
Canada vs. France, 2:15 p.m.
Wednesday's games
Croatia vs. South Korea, 7:30 a.m.
Japan vs. Puerto Rico, 9:45 a.m.
Argentina vs. Czech Republic, 12 noon
France vs. Mali, 2:15 p.m.
End of Preliminary Round

CFL

PRE-SEASON (FINAL)

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	2	0	0	54	44	4
Hamilton	2	1	1	0	50	54	2
Winnipeg	2	1	1	0	47	36	2
Montreal	2	0	2	0	30	47	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	2	2	0	0	68	26	4
Calgary	2	2	0	0	53	48	4
Saskatchewan	2	0	2	0	41	77	0
Edmonton	2	0	2	0	33	44	0

REGULAR SEASON

WEEK ONE
All Times Eastern
Friday's games
Saskatchewan at Hamilton, 7 p.m.
Winnipeg at B.C., 10 p.m.
Saturday's game
Toronto at Edmonton, 7 p.m.
Sunday's game
Montreal at Calgary, 7 p.m.

TENNIS

WIMBLEDON

At London
Yesterday's results (seedings in parentheses)
MEN
Singles — First Round
Novak Djokovic (1), Serbia, def. Juan Carlos Ferrero, Spain, 6-3, 6-3, 6-1.
Roger Federer (3), Switzerland, def. Albert Ramos, Spain, 6-1, 6-1, 6-1.
Janko Tipsarevic (8), Serbia, def. David Nalbandian, Argentina, 6-4, 7-6 (4), 6-2.
Ernests Gulbis, Latvia, def. Tomas Berdych (6), Czech Republic, 7-6 (5), 7-6 (4), 7-6 (4).
Alejandro Falla, Colombia, def. John Isner (11), U.S., 6-4, 6-7 (7), 3-6, 7-6 (7), 7-5.
Nicolas Almagro (12), Spain, vs. Olivier Rochus, Belgium, 6-7 (4), 3-6, 7-6 (4), 6-2, 2-2 (susp., darkness).
Gilles Simon (13), France, def. Paul-Henri Mathieu, France, 6-3, 5-4 (retired).
Juan Monaco (15), Argentina, def. Leonardo Mayer, Argentina, 6-4, 7-6 (5), 7-6 (5).
Fernando Verdasco (17), Spain, def. Jimmy Wang, Taiwan, 7-6 (3), 6-4, 7-5.
Richard Gasquet (18), France, def. Tobias Kamke, Germany, 6-2, 6-2, 6-2.
Denis Istomin, Uzbekistan, def. Andreas Seppi (23), Italy, 6-7 (2), 6-4, 3-6, 6-3, 8-6.
Viktor Troicki, Serbia, def. Marcel Granollers (24), Spain, 7-5, 7-6 (5), 3-6, 2-6, 8-6.
Mikhail Youzhny (26), Russia, def. Donald Young, U.S., 4-6, 6-3, 6-2, 6-3.
Radek Stepanek (28), Czech Republic, def. Sergiy Stakhovsky, Ukraine, 6-1, 1-0 (retired).
Julien Benneteau (29), France, def. Gilles Muller, Luxembourg, 6-2, 7-5, 7-6 (4).
Florian Mayer (31), Germany, def. Dmitry Tursunov, Russia, 7-6 (3), 6-2, 6-3.
Michael Russell, U.S., def. Adrian Menendez-Maceiras, Spain, 6-3, 6-1, 7-6 (7).
Ryan Sweeting, U.S., def. Potito Starace, Italy, 6-2, 2-0 (retired).
Ruben Bemelmans, Belgium, def. Carlos Berlocq, Argentina, 7-5, 6-7 (4), 6-3, 7-6 (2).
WOMEN
Singles — First Round
Maria Sharapova (1), Russia, def. Anastasia Rodionova, Australia, 6-2, 6-3.
Agnieszka Radwanska (3), Poland, def. Magdalena Rybarikova, Slovakia, 6-3, 6-3.
Sam Stosur (5), Australia, def. Carla Suarez Navarro, Spain, 6-1, 6-3.
Angelique Kerber (8), Germany, def. Lucie Hradecka, Czech Republic, 6-4, 6-1.
Li Na (11), China, def. Ksenia Pervak, Kazakhstan, 6-3, 6-1.
Vera Zvonareva (12), Russia, vs. Mona Barthel, Germany, 2-6, 7-6 (3) (susp., darkness).
Sabine Lisicki (15), Germany, def. Petra Martic, Croatia, 6-4, 6-2.
Camila Giorgi, Italy, def. Flavia Pennetta (16), Italy, 6-4, 6-3.
Maria Kirilenko (17), Russia, def. Alexandra Cadantu, Romania, 6-3, 6-1.
Kim Clijsters, Belgium, def. Jelena Jankovic (18), Serbia, 6-2, 6-4.
Nadia Petrova (20), Russia, def. Maria Elena Camerin, Italy, 6-0, 6-2.
Petra Cetkovska (23), Czech Republic, def. Vania King, U.S., 6-4, 6-2.
Jamie Lee Hampton, U.S., def. Daniela Hantuchova (27), Slovakia, 6-4, 7-6 (1).
Christina McHale (28), U.S., vs. Johanna Konta, Britain, 6-7 (4), 6-2, 7-7 (susp., darkness).
Stephanie Foretz Gacon, France, def. Monica Niculescu (29), Romania, 6-4, 3-6, 6-3.
Peng Shuai (30), China, def. Sandra Zaniewska, Poland, 6-2, 6-7 (3), 6-3.
Elena Vesnina, Russia, def. Venus Williams, U.S., 6-1, 6-3.

SOCCER

EURO 2012

QUARTER-FINALS

Sunday's result
At Donetsk, Ukraine
Italy 0 England 0
(Italy advances 4-2 on penalties)

SEMIFINALS

All Times Eastern
Wednesday's game
At Donetsk, Ukraine
Portugal vs. Spain, 2:45 p.m.
Thursday's game
At Warsaw, Poland
Germany vs. Italy, 2:45 p.m.

CHAMPIONSHIP

Sunday's game
At Kiev, Ukraine
Semifinal winners, 2:45 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	16	9	4	3	31	24	30
D.C.	17	9	5	3	31	22	30
Kansas City	15	9	4	2	20	15	29
Chicago	15	7	5	3	20	19	24
Houston	15	5	5	5	20	23	20
Columbus	14	5	5	4	14	15	19
New England	15	5	7	3	20	20	18
Montreal	16	5	8	3	24	26	18
Philadelphia	13	3	8	2	12	15	11
Toronto	13	1	10	2	13	28	5

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	16	10	3	3	31	19	33
Real Salt Lake	17	10	5	2	28	19	32
Vancouver	16	7	4	5	18	19	26
Seattle	16	7	5	4	19	16	25
Los Angeles	16	6	8	2	22	23	20
Colorado	15	6	8	1	21	21	19
Chivas USA	16	5	7	4	11	18	19
Portland	15	4	6	5	14	17	16
Dallas	17	3	9	5	16	26	14

Sunday's results
New York 3 D.C. United 2
Portland 2 Seattle 1
Saturday's results
Montreal 4 Houston 2
New England 2 Toronto 2
Los Angeles 3 Vancouver 0
Philadelphia 4 Kansas City 0
Chicago 2 Columbus 1
Chivas USA 0 Dallas 0
San Jose 2 Real Salt Lake 1
Wednesday's game — All Times Eastern
Toronto at Montreal, 7:30 p.m.
Friday's game
Chicago at Kansas City, 8 p.m.
Saturday's games
New York at Toronto, 7 p.m.
Montreal at D.C. United, 7:30 p.m.
Seattle at New England, 7:30 p.m.
Real Salt Lake at Columbus, 8 p.m.
Philadelphia at Houston, 8:30 p.m.
Portland at Colorado, 9 p.m.
Los Angeles at San Jose, 10 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Puerto Rico	12	7	3	2	21	10	23
San Antonio	12	6	2	4	18	12	22
Minnesota	12	5	2	5	18	16	20
Tampa Bay	13	5	5	3	16	18	18
Carolina	13	4	4	5	22	20	17
Fort Lauderdale	13	4	5	4	17	20	16
Edmonton	12	3	7	2	11	13	11
Atlanta	13	1	7	5	12	26	8

Saturday's results
Carolina 2 Edmonton 0
Minnesota 2 Fort Lauderdale 1
Puerto Rico 2 Atlanta 1
Tampa Bay 3 San Antonio 2

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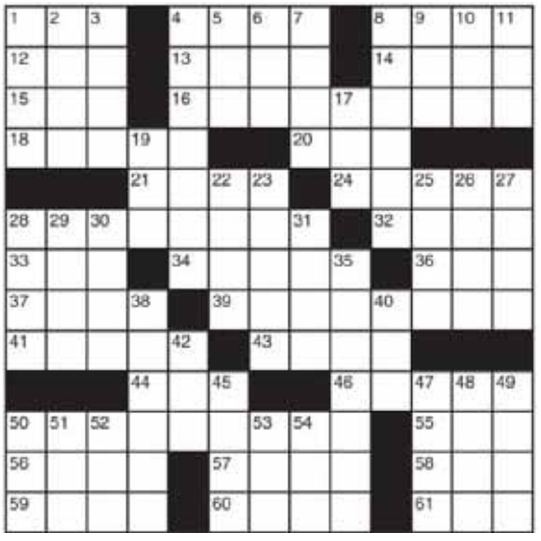
Across
1 Pump up the volume
4 Bloke
8 Hit hard
12 Spell-down
13 Tortoise's rival
14 Addict
15 Type units
16 Those who refuse to face problems
18 Bottom line
20 Squid squirt
21 Mother of Castor and Pollux
24 Informative
28 "The Blue Angel" star
32 Burrito's cousin
33 Request
34 Neighborhoods
36 Droop
37 Evidenced a pinprick
39 Parasitic worm
41 Auto style
43 Highland hillside
44 Vast expanse
46 Investigate
50 French cardinal
55 Crony
56 Rue the run
57 Young horse
58 Donkey
59 Nobility member
60 Atmosphere
61 Appomattox VIP

Down
1 Help a hood
2 Note from the boss
3 Nuisance
4 Epidemic illness
5 Owns
6 Illustrations
7 Graceful woman
8 Pail
9 Blond shade
10 Witness
11 Day fractions (Abbr.)
17 Hostel
19 Elev.
22 Gossip
23 Tart in tone
25 "Now then, where —?"
26 Read bar codes
27 Guru's exercises
28 Light applications
29 Gilligan's home
30 Supplemented, with "out"
31 Barber's concern
35 Shoulder blade
38 One of Santa's team
40 That girl
42 Born
45 — Romeo
47 October birthstone
48 Foundation
49 Otherwise
50 Knock
51 Lemieux milieu
52 Ernesto Guevara
53 Debtor's letters
54 Good hearing



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3		9				2		4
	5		7		2		8	
8			6		9			5
		1	2		3	6		
		2	4		6	3		
2			1		5			9
	1		8		4		2	
9		5				4		8

Yesterday's Sudoku

7	5	1	4	3	9	8	2	6
6	3	2	8	1	5	9	7	4
9	4	8	2	6	7	5	3	1
8	1	9	7	2	6	3	4	5
2	6	3	5	4	1	7	9	8
4	7	5	9	8	3	1	6	2
5	8	4	3	7	2	6	1	9
3	9	6	1	5	4	2	8	7
1	2	7	6	9	8	4	5	3

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ECHHUEGLT RUC EWVMH EUFNAUOR CLWGX SN EWMVWE EGLTGLT, RUC FGTSW EMR RUC ANXWNO UCW M WCLN.

Yesterday's Cryptoquip: WHEN A MAN'S NEATLY GROOMED HAIR GETS ALL MUSSED UP, YOU MIGHT SAY HE'S NOW DE-PARTED.

Today's Cryptoquip Clue: R equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 21° MIN: 13°	MAX: 20° MIN: 13°	MAX: 26° MIN: 12°

BT BREAKFAST TELEVISION
MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

Horoscope

Aries | March 21 - April 20. Your thoughts will become more positive now that mind planet Mercury is moving in your favour again.

Taurus | April 21 - May 21. Something you value will have to be given up but if you are wise you will realize it has to happen so there is room for something even better to come in and replace it.

Gemini | May 22 - June 20. You need to speak up about something you think isn't fair.

Cancer | June 21 - July 22. Stop trying to hurry things along because what is meant to happen will happen in its own good time. That applies to all areas of your life but especially to money issues where, quite soon, you are in for some good news.

Leo | July 23 - Aug. 22. Your outlook will change quite a bit over the next few days.

Virgo | Aug. 23 - Sept. 22. Don't draw attention to yourself today.

Libra | Sept. 23 - Oct. 22. Let friends and colleagues know how you feel today, even if you are the kind of Libra who hates to show emotion.

Scorpio | Oct. 23 - Nov. 21. You will have to make some tough decisions over the next few days, decisions that will impact your career in major ways.

Sagittarius | Nov. 22 - Dec. 21. It's OK to bend the rules a bit today. No harm will come of it so long as you do it sensibly and don't take too many liberties.

Capricorn | Dec. 22 - Jan 20. Something you once thought was so important now seems trivial, and it's to your credit that you are not afraid to change your mind.

Aquarius | Jan. 21 - Feb 18. A relationship problem that has been worrying you for weeks will resolve itself over the next two or three days. Whether the resolution seems "good" or "bad" depends on your outlook.

Pisces | Feb. 19 - March 20. What you need to remember today is that every challenge you face is also an opportunity. Put another way: the more you are challenged the more you will grow and the more you will learn and profit over time.

SALLY BROMPTON

Caption Contest

"Splash pad, Niagara Falls-style."
Inga

VADIM GHIRDA/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

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Alan Wack

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#EN3139

$27,860

2006 JEEP COMMANDER SPORT

#2DR7595A

$12,860

2010 KIA SOUL 4U

#EN3111A

$15,860

2012 CHRYSLER 200 LX SEDAN

#EN3169

$19,640

2008 SATURN OUTLOOK XE 7 PASS

#2T47587A

$16,860

Shawn Alexander

Mike Redmond

2011 NISSAN ROGUE SL AWD

#EN3161

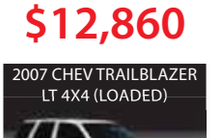
$24,240

2006 PONTIAC MONTANA SV6 AWD

#EN3158B

$9,860

2007 CHEV TRAILBLAZER LT 4X4 (LOADED)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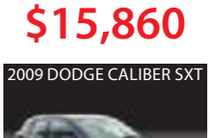
$17,860

2009 DODGE CALIBER SXT


#2R11526B

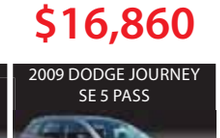
$12,860

2011 FORD F-150 CREW XLT 4X4

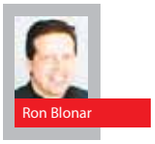
#EN3176

$27,860

2009 DODGE JOURNEY SE 5 PASS


#2JN0070A

$12,860


Ron Blonar

Kevin Knoske

2012 JEEP GRAND CHEROKEE LAREDO V6

#EN3165

$36,860

2007 FORD EDGE AWD

#2AV2599A

$16,860

2010 HYUNDAI TUCSON LTD AWD

#2GH9161

$23,860

2011 JEEP COMPASS 4X4 NORTH

#EN3147

$20,860

2008 HYUNDAI SONATA

#EN3090A

$10,860

2011 FORD EXPEDITION 4X4

#EN3145

$36,860

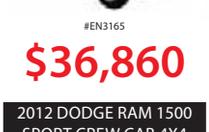
Andrew Stennett

MarkMaguire

Barry Frauenfeld

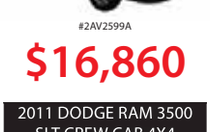
Mark Reimann

2012 DODGE RAM 1500 SPORT CREW CAB 4X4


#P3124, ONLY 940 KMS

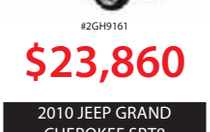
$47,860

2011 DODGE RAM 3500 SLT CREW CAB 4X4


#EN3205

$42,860

2010 JEEP GRAND CHEROKEE SRT8


#EN3207A

$44,860

2009 DODGE CHALLENGER SRT8

#2CL6764A

$39,640

2009 CHRYSLER PT CRUISER

#2GC8527B

$10,860

2012 NISSAN PATHFINDER

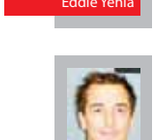
#EN3186

$32,860

George Lakusta

Eddie Yehia

Shane Hughes


Jesse Halladay

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2007 MINI COOPER S HARD TOP, LOADED #2R38804B, $16,860.00

2010 DODGE GRAND CARAVAN SE #2GC0305A, $16470.00

2008 DODGE RAM 1500 LARAMIE QUAD #32R12688A

2002 JEEP LIBERTY SPORT 4X4 #2GH6674A

2009 HYUNDAI SANTA FE GL AWD #2R24092B

2004 DODGE DURANGO SLT #2GH1910A

2010 DODGE RAM 1500 CREW LARAMIE DVD #2R34931A

2010 DODGE NITRO SXT V6 AWD #P3160, $22,860.00

2009 SAAB 9-5 TURBO GRIFFIN #2TJ5834A, $23,860.00

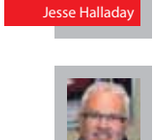
2009 DODGE RAM 3500 DUALLY LARAMIE #2R35537A, $33,840.00

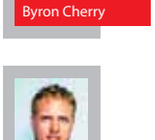
2007 JEEP WRANGLER RUBICON 2 DR #2R24897B, $22860.00, LOW KMS

2006 JEEP GRAND CHEROKEE OVERLAND, LOADED #2R19641A, $19,860.00

2006 DODGE RAM SRT-10 QUAD CAB (LOADED) #2R19090B, $30,860.00

Byron Cherry


Brad McDonald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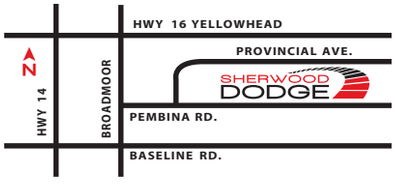

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